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IDENTIFIERS *Meat Cutters

ABSTRACT

This module on identifying and cutting of meat and by-products is the third of three (CE 028 291-293) in the meat cutting course of a bilingual skills training program. The course is designed to furnish theoretical and laboratory experience in the cutting of beef, pork, poultry, lamb, and mutton. Module objectives are for students to develop trade-related Spanish/English vocabulary and to identify ways to determine meat freshness and tenderness; bone structures which determine names of cuts; primal and retail cuts of beef, veal, pork, lamb, mutton, and chicken; and edible and inedible by-products. Contents include list of module objectives; pretest; four sections on (1) meat appearance and bone structure, (2) primal meat cuts, (3) retail meat cuts, and (4) animal by-products; posttests; and English/Spanish vocabulary list. Each section is organized into this format: instructions, vocabulary, and concepts (statements or questions to direct reading) presented in English and Spanish; readings; and worksheets to evaluate comprehension of the trade-related reading material. Worksheets also cover these areas: vocabulary, definitions, word attack skills, writing skills, spelling, and application of terminology to the trade area. (YLB)

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BILINGUAL SKILLS TRAINING PROGRAM

MEAT CUTTING
MODULE 3.0

IDENTIFYING AND CUTTING OF MEAT AND BY-PRODUCTS

CE028 293

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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NORTHERN NEW MEXICO COMMUNITY COLLEGE

EL RITO, NEW MEXICO 87530

3.0 NC

MODULE CONTENTS

3.1 Meat Appearance and Bone Structure

3.2 Primal Meat Cuts

3.3 Retail Meat Cuts

3.4 Animal By-Products

MODULE OBJECTIVES

1. To develop trade related Spanish/English vocabulary

2. To identify manner in determining freshness and tenderness of meat

3. To identify seven bone structures which determine names of different cuts

4. To identify primal cuts of beef, veal, pork, lamb and mutton.

5. To identify retail cuts of beef, veal, pork, lamb, mutton and chicken

6. To identify edible and inedible by-products

MEAT CUTTING

Meat cutting is designed to furnish theoretical and laboratory experience. The course is conducted so that students learn by doing the actual cutting of beef, pork, poultry, lamb and mutton. Some of the phases covered in the program include inventory, profit and loss, percentage, buying, grading, market management, refrigeration, display procedures, sanitation and personal hygiene.

ACTIVITIES

To clarify the purpose of each reading, the instructions, vocabulary and concepts are presented in Spanish and English.

Readings are followed immediately by a series of diversified worksheets which evaluate comprehension of trade related material.

Oral language development exercises, directed by the instructor, are presented to reenforce written concepts. Students are encouraged to utilize and expand their technical vocabulary by engaging in discussion with other students, the instructor and the tutor.

Audio visual materials are utilized to introduce subject matter. These materials are readily available to students and may be used on an individual or group basis.

Students are directed to utilize supplementary material available in the Learning and Resource Center, and as a result reenforce concepts presented in the module.

EVALUATION

Module Pre-Test (Any student who scores 90% or below will complete entire module)

Module Post-Test (Any student who scores 90% or below will repeat areas where improvement is necessary)

Worksheets

Oral Exercises

Supplementary materials

1. What determines meat tenderness?

2. How is the freshness of beef, pork, veal, lamb and mutton determined? (be specific)

3. List the seven bone groups which determine names of different meat cuts.

4. Define primal cuts.

5. List the primal cuts obtained from a forequarter and hindquarter of beef.

6. Name at least two retail cuts obtained from each category listed in No. 5.

7. Name five primal cuts for pork; and at least two retail cuts from each category.

8. List the primal cuts obtained from the hindsaddle and the foresaddle of lamb and mutton.

9. Name the primal cuts obtained from the forequarters and hindquarters of veal.

10. Name two retail cuts for each category listed in No, 9.

11. How are animal by-products classified?

12. List three products from each classification in No. 11.

Instructions:

The following reading contains information on meat appearance and bone structure. Read it carefully then answer the exercises.

Instrucciones:

La siguiente lectura contiene información tocante la apariencia de la carne y la estructura del hueso. Léala cuidadosamente y luego conteste los ejercicios.

Vocabulary	Vocabulario
appearance	apariencia
structure	estructura
bone	hueso
muscle	músculo

Remember the following.
Recuerde lo siguiente.

1. What determines freshness of the meat?
   ¿Qué es lo que determina la frescura de la carne?

2. What determines the names of the different cuts?
   ¿Qué determina los nombres que se le dan a las diferentes piezas de carne?

3. Which are the seven bone groups?
   ¿Cuales son los siete huesos?

Meat Appearance
And
Bone Structure

3.1

Meat cuts are known by different names throughout the United States. Meatcutters and consumers who move from one section of the country to another often encounter difficulty when processing or ordering meats because the same cuts may have different names. The solution to this difficulty is in being able to identify meats by appearance and bone structure.

Appearance determines freshness of the meat. Meat color is the best clue in judging appearance; fresh beef is bright cherry red; pork is grayish pink to a rose color; veal is light pink and lamb is pinkish red.

Bone structure usually determines names of the different cuts. As an example, rib roasts, rib steaks and rib chops come from the rib section. There are seven bone groups which meatcutters and consumers should learn to recognize. These bones are; arm bones, shoulder blade bones, back and rib bones, back bones, hip bones leg bones and breast bones. Most other bones are discarded during processing.

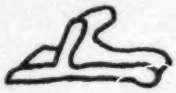
In selecting tender cuts, consumers must first realize that meat is animal muscle. Those muscles which are used more often such as neck, heel of round and shank, produce tougher meats. Some regions which consist of many small muscles also produce tougher meat. Muscles such as eye of rib, strip muscle of the loin and the inside muscle of the round (top round) receive very little exercise thus produce tender cuts. The most tender meat, however, comes from the loin region of the carcass.

SEVEN BONE GROUPS (RETAIL CUTS)

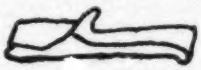
SHOULDER ARM CUTS

ARM BONE

SHOULDER BLADE CUTS (CROSS SECTIONS OF BLADE BONE)



BLADE BONE (near neck)



BLADE BONE (center cuts)

BLADE BONE (near rib)

RIB CUTS

BACK BONE AND RIB BONE

SHORT LOIN CUTS

BACK BONE (T-SHAPED)
T-Bone, Lamb or Pork Chops

HIP (sirloin) CUTS (CROSS SECTIONS OF HIP BONE)

PIN BONE

near short loin

FLAT BONE

center cuts

WEDGE BONE

near round

LEG OR ROUND CUTS

LEG OR ROUND BONE

BREAST OR BRISKET CUTS

BREAST AND RIB BONE

True or False 3.1

____1. The same name term is applied to the same meat cut in all parts of the country.

____2. There are only five bone groups which meat cutters should learn to recognize.

____3. The best clue which helps in judging appearance of meat is its color.

____4. Bone structure usually determines the names of different meat cuts.

____5. The most tender meat comes from the shoulder area.

____6. Regions which contain many small muscles produce tougher meat.

____7. The color of fresh beef is bright cherry red.

____8. The color of old pork is grayish pink to a rose color.

____9. Fresh veal is light pink in color.

Fill in the blanks

1. There are _____bone _____which meat cutters must learn to recognize.
2. Freshness of _____is determined by _____.
3. The seven bone groups are _____, _____, _____, _____, _____, _____and_____.
4. Fresh _____is bright cherry red in color.
5. Fresh _____is grayish pink to a rose color.
6. Fresh _____is light pink in color.
7. Fresh _____is pinkish red in color.
8. Names of different cuts are usually determined by _____ _____.
9. Regions of the animal which receive very little _____ produce the most _____cuts of meat.
10. The _____region of the carcass produces tender cuts.

Answer the following: 3.1

1. List the seven bone groups.

   1.
   2.
   3.
   4.
   5.
   6.
   7.

2. What is the color of the following fresh meats.

   beef
   pork
   lamb
   veal

3. Which region of a carcass produces the tender cuts?

4. Meat cutters and consumers must learn to recognize meats according to:

Instructions:

The following reading contains information on primal cuts of meat. Read it carefully then answer the exercises.

Instrucciones:

La siguiente lectura contiene información tocante a los cortes de carne al por mayor. Léala cuidadosamente y luego conteste los ejercicios.

Vocabulary	Vocabulario
forequarter	cuarto anterior
hindquarter	cuarto posterior
primal	por mayor
chuck	"chuck"
brisket	pecho
shank	pierna-jarrete
side	costado

Remember the following.
Recuerde lo siguiente.

1. The processing steps which meat must undergo.
   Los procedimientos que se llevan a cabo para preparar la carne.

2. The primal cuts of beef, lamb, mutton, beef and veal.
   Los cortes de res, cordero, puerco y de ternera al por mayor.

Primal Cuts

Animal meat, which is designated fit for human consumption, must undergo a series of processing steps before reaching the consumer. Meat animals are slaughtered and dressed at large packing plants. Carcasses are then quartered or sectioned into primal cuts. Sides, quarters or primal cuts are then purchased by retail markets.

Retail meat cutters must know what primal cuts are obtained from a side and a quarter. They must also know how to make these cuts.

Beef sides are divided into the forequarter and the hindquarter. The following are beef primal cuts.

1. Forequarter
   a. Chuck
   b. Foreshank
   c. Brisket
   d. Plate
   e. Rib
2. Hindquarter
   a. Flank
   b. Loin
   c. Short Loin
   d. Round

Veal carcasses are sold whole, therefore, retail meat cutters must split them into halves or quarters. The following are veal primal cuts.

1. Forequarter
   a. Shoulder
   b. Shank
   c. Breast
   d. Rib
   e. Loin
2. Hindquarter
   a. Leg

Hog carcasses are sold whole with or without the head. They must be divided into halves. The following are hog primal cuts.

A. Jowl
B. Shoulder
C. Leg or Ham
D. Loin
E. Belly

Lamb or mutton carcass halves are divided into foresaddle and hindsaddle. The following are lamb or mutton primal cuts.

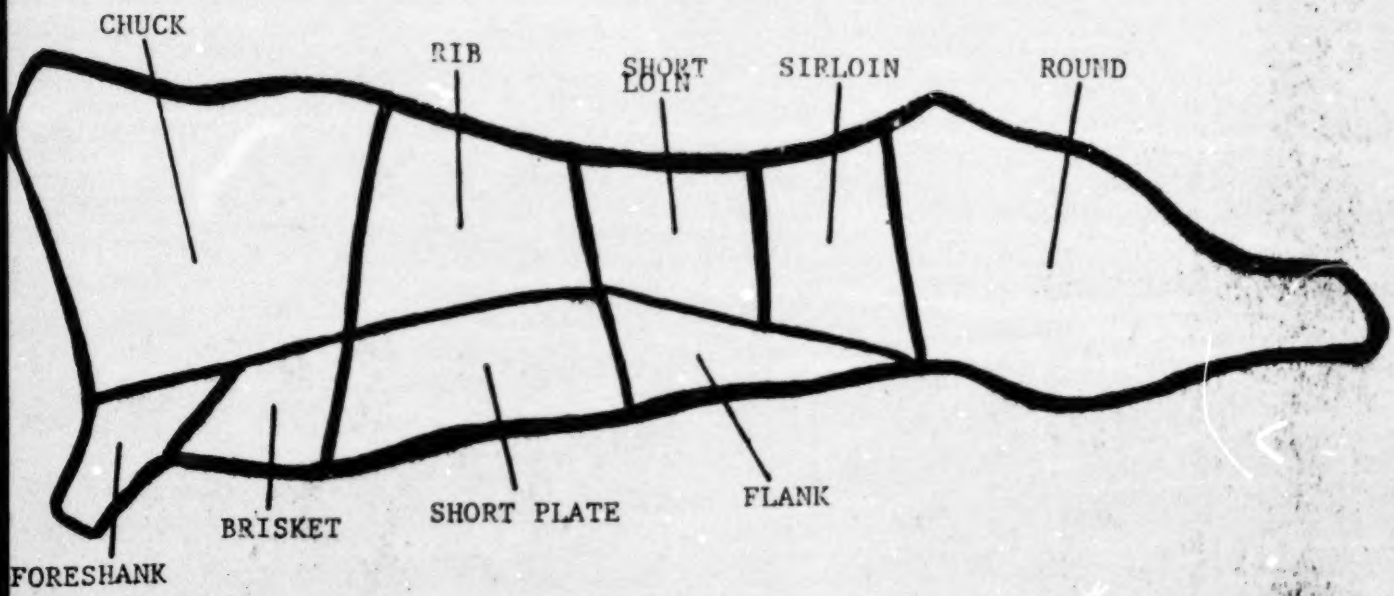
1. Foresaddle
   a. Rack
   b. Breast
   c. Shoulder
   d. Foreshank

2. Hindsaddle
   a. Loin
   b. Flank
   c. Leg
   d. Hindshank

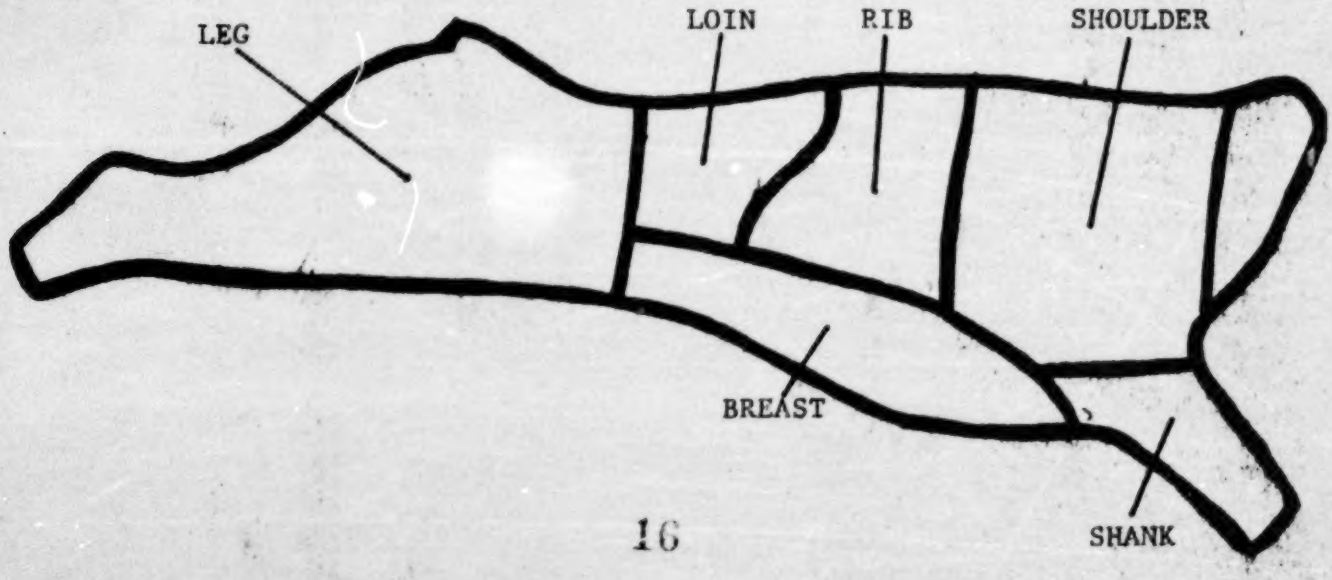
PRIMAL CUTS

3.2

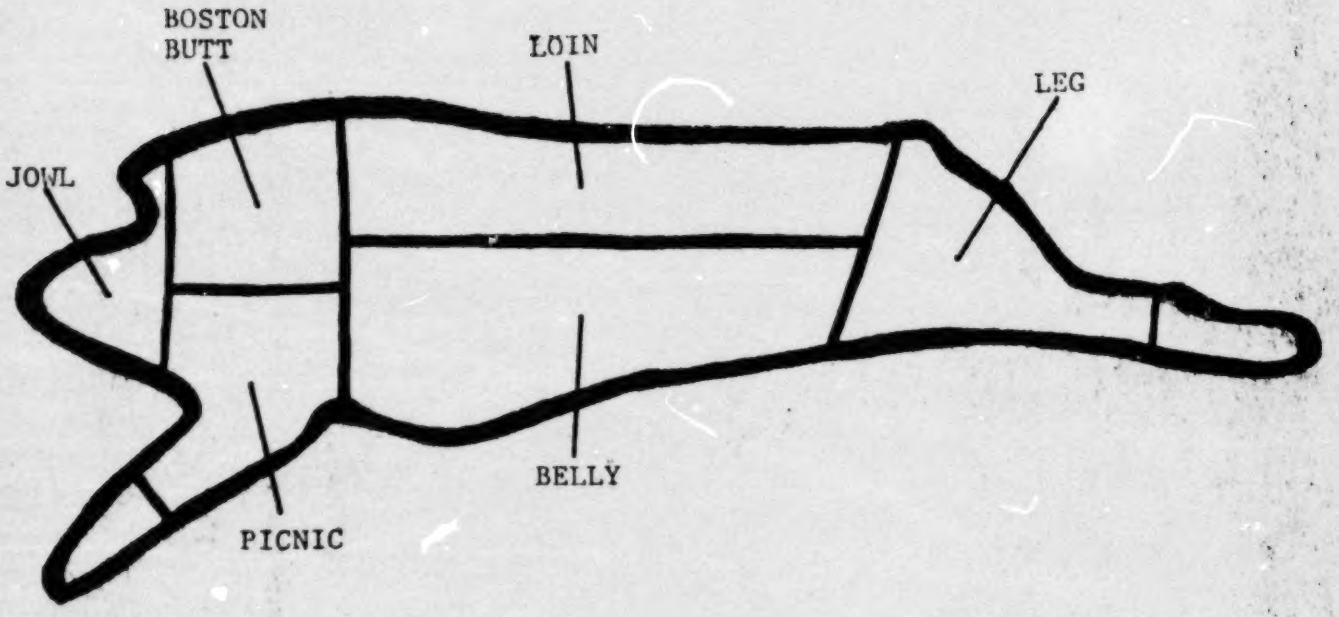
BEEF



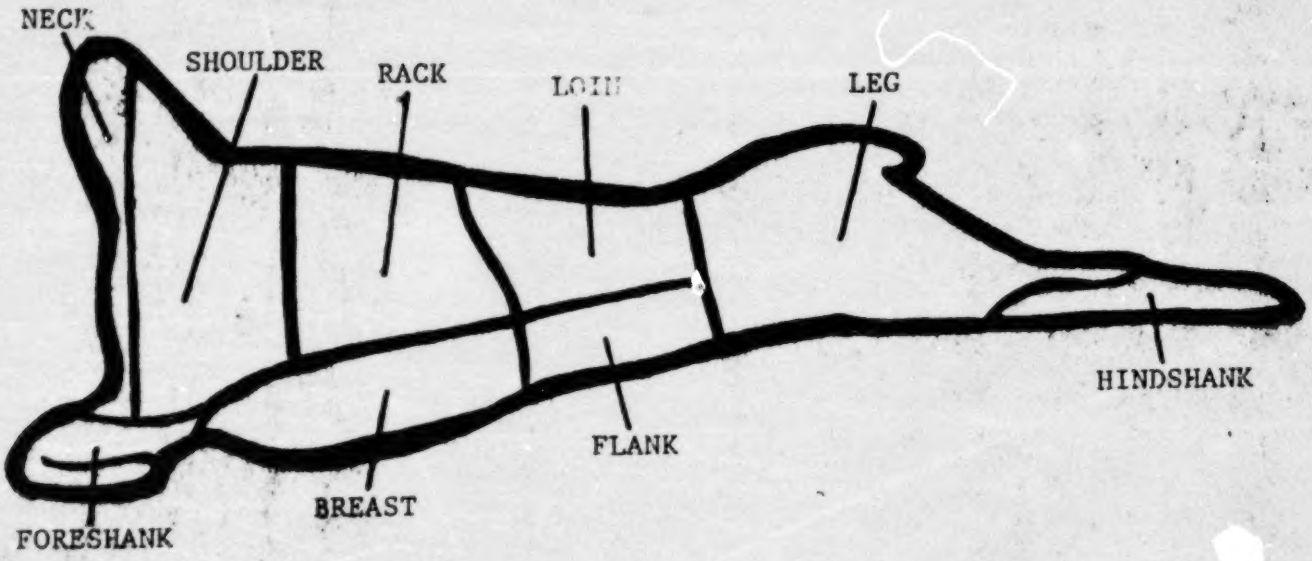
VEAL



PORK


BOSTON
BUTT
LOIN
LEG
JOWL
BELLY
PICNIC

LAMB


NECK
SHOULDER
RACK
LOIN
LEG
HINDSHANK
FLANK
BREAST
FORESHANK

Fill in the blanks

1. Beef sides are divided into _____ and _____.

2. Veal carcasses are sold_____.

3. Hog carcasses are sold _____ with or without the_____.

4. Lamb or mutton carcass halves are divided into _____and _____.

5. A beef forequarter produces _____, _____, _____, _____, and _____.

6. Primal cuts from a hog carcass are _____, _____, _____or _____, _____and _____.

7. A lamb or mutton hindsaddle produces _____,_____, _____and _____.

8. Meat which is fit for human _____must undergo a series of _____steps.

9. Meat cutters must know what_____cuts are obtained from _____or _____.

10. A primal cut from a veal hindquarter is the _____.

Match: F-Forequarter H- Hindquarter

____short loin	____loin
____plate	____rib
____chuck	____leg
____round	____shoulder
____foreshank	____shank
____flank	____breast

Match F-Foresaddle H-Hindsaddle

____flank

____rack

____leg

____hindshank

____foreshank

____breast

____loin

____shoulder

1. List the primal cuts obtained from a beef forequarter.

2. List the primal cuts from a whole veal carcass.

3. List the primal cuts from a beef hindquarter.

4. List the primal cuts from a hog carcass.

5. List the cuts from a lamb or mutton foresaddle.

6. List the primal cuts from a lamb or mutton hindsaddle.

Instructions:

The following reading contains information on retail cuts of meat. Read it carefully then answer the exercises.

Instrucciones:

La siguiente lectura contiene información tocante a los cortes de carne al por menor. Léala cuidadosamente y luego conteste los ejercicios.

Vocabulary	Vocabulario
roast	carne para asar
retail	por menor
steak	tajada
chop	chuleta
bacon	tocino
cuts	piezas o cortes

Remember the following.
Recuerde lo siguiente.

1. The retail cuts which are made from the different primal cuts.
   Las piezas al por menor que salen de los diferentes cortes al por mayor.

2. The retail cuts of chicken.
   Los cortes al por menor de pollo.

Meat carcasses which have been cut into primal sections are reduced into retail cuts. Retail cuts are easier to handle, package and cook. They also provide the amount of meat needed as well as the quality which the customer desires. On some primal cuts the market also profits by acquiring certain retail cuts from the same primal. As an example a round or leg of beef produces the eye of round, round steak and bottom round steak, each having a different quality and price.

Retail cuts of beef produced by the following categories of primal cuts are:

shank - cross cut foreshank and knuckle soup bone.

brisket - beef brisket and corned beef.

chuck - arm pot roast, arm steaks, rolled neck, boneless neck, triangle pot roast, boneless chuck pot roast, shoulder fillet, blade steaks and blade pot roast.

rib - standing rib roast, rolled rib roast and rib steak.

plate - plate boiling beef, rolled plate and short ribs.

flank - flank steak fillets, rolled flank, flank stew, and flank steaks.

short loin - porterhouse steaks, T-bone steaks and club steaks.

loin - sirloin steaks, pin bone sirloin steaks.

round - rump roast, rolled rump, round steaks, top round, bottom round (swiss), ground beef, heel of round and hind shank.

Retail cuts of veal produced by the following categories of primal cuts are:

shank - veal foreshank and veal patties.

shoulder - city chicken, rolled veal shoulder roast, blade veal steaks, arm veal steaks, blade veal roast and arm veal roast.

breast - mock chicken legs, veal loaf and veal breast.

rib - veal crown roast, veal rib chops and veal rib roast.

loin - loin veal chops, sirloin veal steak and kidney veal chops.

round - veal rump roast, rolled veal rump roast, veal scallops, veal rosettes, veal round steaks, veal round roast, heel of veal round and veal hind shank.

Retail cuts of pork produced by the following categories of primal cuts are:

pork jowl - square bacon.

shoulder - rolled Boston style butt roast, Boston style butt roast, blade pork steaks, smoked cottage roll, fresh shoulder hocks, arm pork steaks, rolled picnic shoulder, cushion style picnic shoulder, fresh picnic shoulder, smoked picnic shoulder.

loin - loin roast, crown pork roast, loin roast (ham end), loin roast (center cut), rib pork chops, Frenched rib chops, butterfly chops, loin chops, Canadian style bacon, sirloin pork roast and pork tenderloin (Frenched and whole).

belly - spareribs, bacon and salt pork.

leg - fresh ham roast, rolled fresh ham roast, center ham slices, ham butt slices, half ham (butt or shank end).

Retail cuts of lamb produced by the following categories of primal cuts are:

shoulder - neck slices, boneless shoulder chops, rolled shoulder, cushion shoulder, Saratoga chops, blade chops, arm chops and square cut shoulder roast.

shank - (hind and fore) braised or stew meat.

breast - (and flank) rolled breast, lamb breast, riblets, stew, patties, lamb loaf, braised or stew meat.

loin - loin chops, English chops, rolled loin roast.

rack - crown roast, Frenched rib chops and rib chops.

leg - leg of lamb, Frenched leg, American leg and sirloin lamb roast.

Poultry products are usually sold whole. Consumers, however, have begun buying these products according to their taste. The following chicken parts are available to satisfy individual desires; breasts, drumsticks, thighs, legs, wings, backs, back strips and necks. This allows customers to purchase what they like without having to buy the whole chicken.

List the retail cuts obtained from the following primal cuts.

Beef

shank

brisket

chuck

rib

plate

flank

short loin

loin

round

Lamb

shoulder

shank

breast (and flank)

loin

rack

leg

Pork

jowl

shoulder

loin

belly

leg

Veal

shank

shoulder

breast

rib

loin

round

True or False

____1. Retail cuts are easier to handle, package and cook.

____2. The shank primal cut of beef produces brisket and corned beef.

____3. The leg of pork is obtained from the loin section of a hog.

____4. Round bacon is obtained from the loin section of a hog.

____5. Canadian style bacon is obtained from a hog loin.

____6. Lamb shanks are produced from the lamb shank.

____7. Mock chicken legs are obtained from the breast section of a veal

____8. The shoulder of a veal produces city chicken.

____9. Poultry products are primarily sold whole.

Instructions:

The following reading contains information on animal by-products. Read it carefully then answer the exercises.

Instrucciones:

La siguiente lectura contiene información tocante subproductos de animales. Léala cuidadosamente y luego conteste los ejercicios.

Vocabulary	Vocabulario
trimmings	desperdicios
organ	órgano
fat	manteca
gland	glándulo
hides	pieles
horns	cuernos
edible	comestible
inedible (not fit to eat)	no se come

Remember the following.
Recuerde lo siguiente.

1. What products are edible?
   ¿Cuáles productos son comestibles?

2. What products are inedible?
   ¿Cuáles productos no se comen?

Animal By-Products

As apprentice meat cutters progress in their trade, they realize that very little is wasted from an animal carcass. Even by-products are used to manufacture items that range from sausage to soap. Animal by-products are classified as either edible or inedible.

Edible by-products from beef, veal, hog and lamb:

Trimmings - are ground into hamburger, chile meat, ground steaks, sausage, frankfurters, etc.

Organs - such as liver, tongue, kidneys, sweetbreads (thymus), tripe, brains, etc. are prepared as food.

Fats - are rendered into lard or oleomargerine.

Inedible by-products from beef, veal, hog and lamb:

Glands - such as thyroid, parathyroid, pituitary, pineal, adrenals, and pancreas are used to produce medicines.

Fats - are used to produce soap, abrasives, shaving creams, asphalt tile, lubricants, candles, caulking compounds, cement, additives, cleaners, cosmetics, deodorants, paints, polishes, perfumes, plastics, etc.

Bones - are used to make crochet needles, teething rings, dice, chessmen, electric bushings, washers, buttons, knife handles and ground bone meal.

Horns - are used to make imitation tortoise shells, napkin rings, goblets, tobacco boxes, knife and umbrella handles.

Hides - are used to make leather goods.

It is estimated that by-products obtained from animal carcasses bring in as much, if not more, profit as does meat itself. Presently, through on going research, new products will be developed from what people consider waste.

True or False

_____1. Hides are used for making leather goods.

_____2. Horns are used to make medicines.

_____3. Polishes, perfumes and plastics are three by-products obtained from inedible fats.

_____4. Oleomargarine and lard are rendered from inedible fats.

_____5. Medicines are produced from glands.

_____6. The thyroid and the pituitary glands are prepared as food.

_____7. Edible by-products can be eaten.

_____8. Inedible by-products cannot be eaten.

Place I (Inedible) or E (Edible) on the blanks preceding these by-products.

____hides

____fats

____trimmings

____glands

_____organs

_____bone

_____horns

Match the following:

_____sausage	A. Fats (edible)
_____tongue	B. Horns
_____leather	C. Bones
_____goblets	D. Trimmings
_____tobacco boxes	E. Glands
_____soaps	F. Hides
_____candles	G. Fats (inedible)
_____parathyroid	H Organs
_____oleomargarine	
_____sweetbread	
_____chili meat	
_____cosmetics	
_____bone meal	
_____pancreas	
_____electric bushings	

Answer the following:

1. List three groups of edible by-products.

2. List five groups of inedible by-products.

3. List five edible organs.

4. List seven inedible glands.

5. List nine by-products made from bone.

6. List five by-products made from horns.

Match

I.

___freshness	A. is light pink in color when it is fresh.
___beef	B. comes from the loin region of a carcass.
___pork	C. is bright cherry red when it is fresh.
___veal	D. is determined by the appearance and the color of meat.
___lamb	E. there are seven groups which usually determine names of different cuts.
___the most tender meat	F. is pinkish red when it is fresh.
___bone structure	G. is grayish pink to a rose color when it is fresh

II.

____jowl	A. Beef forequarter
____short loin	B. Beef hindquarter
____hind shank	C. Veal forequarter
____rack	D. Veal hindquarter
____belly	E. Hog primal cuts
____shank	F. Lamb foresaddle
____rib	G. Lamb hindsaddle
____leg or ham	
____chuck	
____round	
____leg	

III.

___sirloin steaks	A. Shank
___steak fillet	B. Brisket
___pot roast	C. Chuck
___cross cut foreshank	D. Rib
___corned beef	E. Plate
___rump roast - steaks	F. Flank
___T-Bone steaks	G. Short Loin
___short ribs	H. Loin
___rib roast - steak	I. Round
___club steaks	

IV.

___lamb shanks	A. Rack
___sirloin lamb roast	B. Shank
___English chops	C. Breast (flank)
___crown roast - rib chops	D. Leg
___lamb loaf - patties	E. Shoulder
___neck slices - Saratoga chops	F. Loin

V.

___shoulder	A. city chicken - arm roast - blade steaks.
___shank	B. crown roast
___loin	C. Sirloin steak - kidney chops
___breast	D. rump roast
___rib	E. Veal foreshank
___round	F. mock chicken legs - veal loaf.

VI.

___crown roast - Canadian style bacon

___square bacon

___spare ribs

___ham roast - ham slices

___Boston butt roast

___chops

___bacon and salt pork

___arm steaks

A. Jowl

B. Leg

C. Loin

D. Shoulder

E. Belly

VII.

___by-products

___trimmings

___kidneys - liver

___fats

___candles - perfumes

___crochet needles - chessmen washers, etc.

___hides

___goblets - tobacco boxes

A. edible products which are rendered into lard or oleomargarine.

B. are used to make leather goods.

C. some organs which are prepared as food.

D. are classified as either edible or inedible.

E. these are produced from inedible fats.

F. are ground into hamburger, sausage, frankfurters.

G. are made from horns.

H. are made from bones.

Vocabulary	Vocabulario
appearance	aparencia
back	espalda
bacon	tocino
beef	res
bone	hueso
boneless	sin hueso
breast	pecho
brisket	pecho
carcass	carcasa
chops	chuletas
consumer	comprador
crown	corona
cuts	cortes-piezas
designate	designar
determine	determinar
discard	descartar
edible	comestible
encounter	encuentro
fat	manteca
fillet	filete
flank	costado
forequarter	cuarto anterior
foresaddle	cuarto anterior
freshness	frescura
gland	glándula
heel	talón
hide	cuero

Vocabulary	Vocabulario
hindquarter	cuarto trasero
hindsaddle	cuarto delantero
hip	cadera
hog	cerdo, puerco
horns	cuernos
identify	identificar
jowl	quijada
kidney	riñón
knuckle	jarrete
leather	cuero
leg	pierna
liver	hígado
loin	lomo
muscle	músculo
neck	pescuezo
organ	órgano
package	empaque
poultry	carne de ave
primal	por mayor
profit	provecho
rack	percha
recognize	reconocer
retail	por menor
rib	costilla
rump	cadera
section	sección
shank	pierna, jarrete
shoulder	hombro

Vocabulary	Vocabulario
side	costado
sirloin	lomo
solution	solución
steak	tajada
strip	tira
structure	estructura
thigh	pierna
tongue	lengua
trimming	desperdicio
tripe	tripas
veal	carne de ternera
waste	desechado